



# Welcome to Gudmestad Yoga's Summer of 2019!

We have had a respite from the move and will now thankfully be staying at our studio on SW Kelly Street for the summer.

Simplified Levels for *SUMMER TERM* Only:

<b>BEGINNING</b>	Levels: 1 & 2
<b>ADVANCED BEGINNING</b>	Levels: 2, 3, & Ath3
<b>INTERMEDIATE</b>	Levels: 3-4, 4, 5

1) **You may purchase punch cards in 4 amounts:**

5 class pass	\$ 80.00 (\$82 with cc)	(\$16 per class)
10 class pass	\$155.00 (\$158 with cc)	(\$15.50 per class)
15 class pass	\$225.00 (\$229 with cc)	(\$15.00 per class)
20 class pass	\$290.00 (\$295 with cc)	(\$14.50 per class)

*The class pass will expire 1 year from the date of purchase, so choose wisely.*

**The DROP-IN rate for any 1½ hour class is \$17.**

If you mail in payment for a summer class pass, your classes will be added to your account.

**Payments accepted in cash, check or by credit card in person or on our website at [www.gudmestadyoga.com/payment](http://www.gudmestadyoga.com/payment).** There is a small (\$1 - \$5) convenience fee to pay by credit card.

- 2) **Remember to sign in** each time you come to class.
- 3) **Each class pass** is good for 1 full year, i.e. if you buy your class pass in July 2019, it will be good through July 2020.
- 4) **Summer and Holiday are the ONLY times** you can use your class passes. We will continue our practice of registering and paying in advance for full terms in fall, winter and spring terms.
- 5) **Arrive early!** While we don't anticipate turning any students away, there is always the possibility that a studio may become too crowded. If you arrive after the maximum number of students allowed, you may not be admitted. Please be respectful of the teacher's decision to close the door.
- 6) **It's OK with us if you want to share your card** with a friend/family member, as long as the person using your card attends a class of the appropriate level. They must fill out the Yoga Student Information sheet and be accompanied by you to use one of your passes.

# June 2019



GUDMESTAD  
YOGA STUDIO

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## KEY

Beg. = L1, L2

ABeg. = L2, 3, Ath 3

Int. = L3-4, 4, 5

Memorial Day

**1**

**2**

10:30 am  
Sacred Songs of the Universe

**3**

9:30 Beg. Hope A  
11:30 ABeg. Beth A

6pm Beg. DeeAnn A

**4**

11:30 Int. Beth A

6pm Int. Beth A

**5**

9:30 ABeg. Betsy A

**6**

6pm Int. Julie A

**7**

10am ABeg. Rachel A  
11:45 ABeg. Rachel A

**8**

8am ABeg. Hope A  
9:45 Beg. Hope A

**9**

**10**

9:30 Beg. Hope A  
11:30 ABeg. Beth A

6pm Beg. DeeAnn A

**11**

11:30 Int. Beth A

6pm Int. Beth A

**12**

9:30 ABeg. Betsy A

6pm ABeg. Rachel A

**13**

9:30 Beg. Rachel A

6pm Int. Julie A

**14**

10am ABeg. Beth A  
11:45 ABeg. Beth A

**15**

**16**

10:30 am  
Sacred Songs of the Universe

**17**

9:30 Beg. Hope A  
11:30 ABeg. Beth A

6pm Beg. DeeAnn A

**18**

11:30 Int. Stuart A

6pm Int. Beth A

**19**

9:30 ABeg. Betsy A  
11:30 ABeg. Stuart A

6pm ABeg. Rachel A

**20**

9:30 Beg. Rachel A  
11:30 ABeg. Stuart A

6pm Int. Julie A

**21**

10am ABeg. Laila A  
11:45 ABeg. Beth A

**22**

8am ABeg. Hope A  
9:45 Beg. Hope A

**23**

**24**

9:30 Beg. Rachel A  
11:30 ABeg. Rachel A

6pm Beg. DeeAnn A

**25**

11:30 Int. Stuart A

6pm Int. Beth A

**26**

9:30 ABeg. Laila A  
11:30 ABeg. Stuart A

6pm ABeg. Rachel A

**27**

9:30 Beg. Rachel A  
11:30 ABeg. Stuart A

6pm Int. Julie A

**28**

10am ABeg. Laila A  
11:45 ABeg. Beth A

**29**

8am ABeg. Hope A  
9:45 Beg. Hope A

**30**

# July 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 Beg. Hope A 11:30 ABeg. Lori A  6pm Beg. Caroline A	<b>2</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>3</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A	<b>4</b>  Independence Day	<b>5</b> 10am ABeg. Beth A 11:45 ABeg. Beth A	<b>6</b>
<b>7</b> 10:30 am Sacred Songs of the Universe	<b>8</b> 9:30 Beg. Hope A 11:30 ABeg. Beth A  6pm Beg. Caroline A	<b>9</b> 11:30 Int. Stuart A  6pm ABeg. Rachel C 6pm Int. Beth A	<b>10</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A	<b>11</b> 9:30 Beg. Lori A 11:30 ABeg. Stuart C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Laila A	<b>12</b> 10am ABeg. Laila A 11:45 ABeg. Beth A	<b>13</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>14</b>	<b>15</b> 9:30 Beg. Hope A 11:30 ABeg. Beth A  6pm Beg. Caroline A	<b>16</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>17</b> 9:30 ABeg. Laila A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A	<b>18</b> 9:30 Beg. Lori A 11:30 ABeg. Stuart A  6pm Int. Laila A	<b>19</b> 10am ABeg. Laila A 11:45 ABeg. Beth A	<b>20</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>21</b> 10:30 am Sacred Songs of the Universe	<b>22</b> 9:30 Beg. Hope A 11:30 ABeg. Beth A  6pm Beg. Caroline A	<b>23</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>24</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A	<b>25</b> 9:30 Beg. Lori A 11:30 ABeg. Stuart C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Laila A	<b>26</b> 10am ABeg. Laila A 11:45 ABeg. Beth A	<b>27</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>28</b>	<b>29</b> 9:30 Beg. Hope A 11:30 ABeg. Beth A  6pm Beg. Caroline A	<b>30</b> 11:30 Int. Stuart A  6pm ABeg. Rachel C 6pm Int. Beth A	<b>31</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A			<b>KEY</b> <hr/> Beg. = L1, L2 <hr/> ABeg. = L2, 3, Ath 3 <hr/> Int. = L3-4, 4, 5

# August 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KEY</b> <hr/> Beg. = L1, L2 <hr/> ABeg. = L2, 3, Ath 3 <hr/> Int. = L3-4, 4, 5				<b>1</b> 9:30 Beg. Rachel A 11:30 ABeg. Stuart C 11:30 Int. Betsy A  6pm ABeg. Betsy C 6pm Int. Beth A	<b>2</b> 10am ABeg. Laila A 11:45 ABeg. Beth A	<b>3</b> 8am ABeg. Hope A 9:45 Beg. Hope A
	<b>4</b> 10:30 am Sacred Songs of the Universe	<b>5</b> 11:30 ABeg. Beth C  6pm Beg. CarolineA	<b>6</b> 11:30 Int. Stuart C  6pm Int. Beth A	<b>7</b> 9:30 ABeg. Betsy C 11:30 ABeg. Stuart C  6pm ABeg. Rachel A	<b>8</b> 9:30 Beg. Rachel C 11:30 Int. Betsy C 6pm ABeg. Betsy C 6pm Int. Laila A	<b>9</b> 10am ABeg. Beth C 11:45 ABeg. Beth C
<b>Anatomy Workshop with Julie Gudmestad • 10am - 1pm &amp; 2pm - 4pm • Monday through Friday</b>						
<b>11</b>	<b>12</b> 9:30 Beg. Hope A 11:30 ABeg. Beth A  6pm Beg. CarolineA	<b>13</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>14</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A	<b>15</b> 11:30 ABeg. Stuart C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Laila A	<b>16</b> 10am ABeg. Laila A	<b>17</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>18</b> 10:30 am Sacred Songs of the Universe	<b>19</b> 9:30 Beg. Hope A 11:30 ABeg. Hope A  6pm Beg. CarolineA	<b>20</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>21</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A	<b>22</b> 9:30 Beg. Rachel A 11:30 ABeg. Stuart C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Beth A	<b>23</b> 10am ABeg. Beth A 11:45 ABeg. Beth A	<b>24</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>25</b>	<b>26</b> 11:30 ABeg. Beth A  6pm Beg. CarolineA	<b>27</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>28</b> 9:30 ABeg. Betsy A 11:30 ABeg. Stuart A  6pm ABeg. Rachel A	<b>29</b> 9:30 Beg. Rachel A 11:30 ABeg. Stuart C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Beth A	<b>30</b> 10am ABeg. Beth A 11:45 ABeg. Beth A	<b>31</b>

# September 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10:30 am Sacred Songs of the Universe	<b>2</b> Labor Day	<b>3</b> 6pm Int. Beth A	<b>4</b> 6pm ABeg. Rachel A	<b>5</b> 9:30 Beg. Rachel A 6pm Int. Beth A	<b>6</b> 10am ABeg. Beth A 11:45 ABeg. Beth A	<b>7</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>8</b>	<b>9</b> 9:30 Beg. Rachel A 11:30 ABeg. Beth A	<b>10</b> 6pm Int. Beth A	<b>11</b> 6pm ABeg. Rachel A	<b>12</b> 9:30 Beg. Rachel A 6pm Int. Beth A	<b>13</b> 10am ABeg. Beth A 11:45 ABeg. Beth A	<b>14</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>15</b> 10:30 am Sacred Songs of the Universe	<b>16</b> 9:30 Beg. Rachel A 11:30 ABeg. Beth A	<b>17</b> 6pm Int. Beth A	<b>18</b> 6pm ABeg. Rachel A	<b>19</b> 9:30 Beg. Rachel A	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> FALL TERM BEGINS	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					<b>KEY</b> Beg. = L1, L2 ABeg. = L2, 3, Ath 3 Int. = L3-4, 4, 5



## BEGINNING (Levels 1 & 2)

DAY	TIME	TEACHER	DATES
Mon	9:30 am - 11:00 am	Hope or Rachel	6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/12, 8/19, 9/9, 9/16
Mon	6:00 pm - 7:30 pm	DeeAnn or Caroline	6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26
Thurs	9:30 am - 11:00 am	Rachel or Lori	6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/22, 8/29, 9/5, 9/12, 9/19
Sat	9:45 am - 11:15 am	Hope	6/8, 6/22, 6/29, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 9/7, 9/14

## ADVANCED BEGINNING (Levels 2, 3, & Ath 3)

DAY	TIME	TEACHER	DATES
Mon	11:30 am - 1:00 pm	Beth, Rachel, Lori, Hope	6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/9, 9/16
Tues	6:00 pm - 7:30 pm	Rachel	7/9, 7/30
Wed	9:30 am - 11:00 am	Betsy or Laila	6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28
Wed	11:30 am - 1:00 pm	Stuart	6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28
Wed	6:00 pm - 7:30 pm	Rachel	6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/21, 8/28, 9/4, 9/11, 9/18
Thurs	11:30 am - 1:00 pm	Stuart	6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/15, 8/22, 8/29
Thurs	6:00 pm - 7:30 pm	Betsy	7/11, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29



**ADVANCED BEGINNING** (Levels 2, 3, & Ath 3) (continued)

DAY	TIME	TEACHER	DATES
Fri	10:00 am - 11:30 am	Beth, Laila or Rachel	6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30, 9/6, 9/13
Fri	11:45 am - 1:15 pm	Beth or Rachel	6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/23, 8/30, 9/6, 9/13
Sat	8:00 am - 9:30 am	Hope	6/8, 6/22, 6/29, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 9/7, 9/14

**INTERMEDIATE** (Levels 3-4, 4, 5)

DAY	TIME	TEACHER	DATES
Tues	11:30 am - 1:00 pm	Stuart or Beth	6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
Tues	6:00 pm - 7:30 pm	Beth	6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17
Thurs	11:30 am - 1:00 pm	Betsy	7/11, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29
Thurs	6:00 pm - 7:30 pm	Julie, Laila or Beth	6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12